

ABSTRACT

An exercise device and method for exercising the muscles of the torso and arms. The exercise device includes a support bracket and at least one flexible arm member having a proximal end pivotally coupled to the support bracket and at least one distal end. Elastic extension members with handles provide restorative tension force which attach to the distal end(s) of the flexible arm member(s) whereby a trainee while remaining secured and comfortable in the exercise station grasps the handles and rotates the arm member from an upwardly first position to a downwardly second position thereby providing a multitude of exercise combinations.

The bracket can be removeably mounted on a vertical surface and may be used while sitting or standing. The device and method permit the same muscle group to be exercised along different planes passing through that same muscle group, thereby achieving a more specific strengthening of that muscle group as desired.